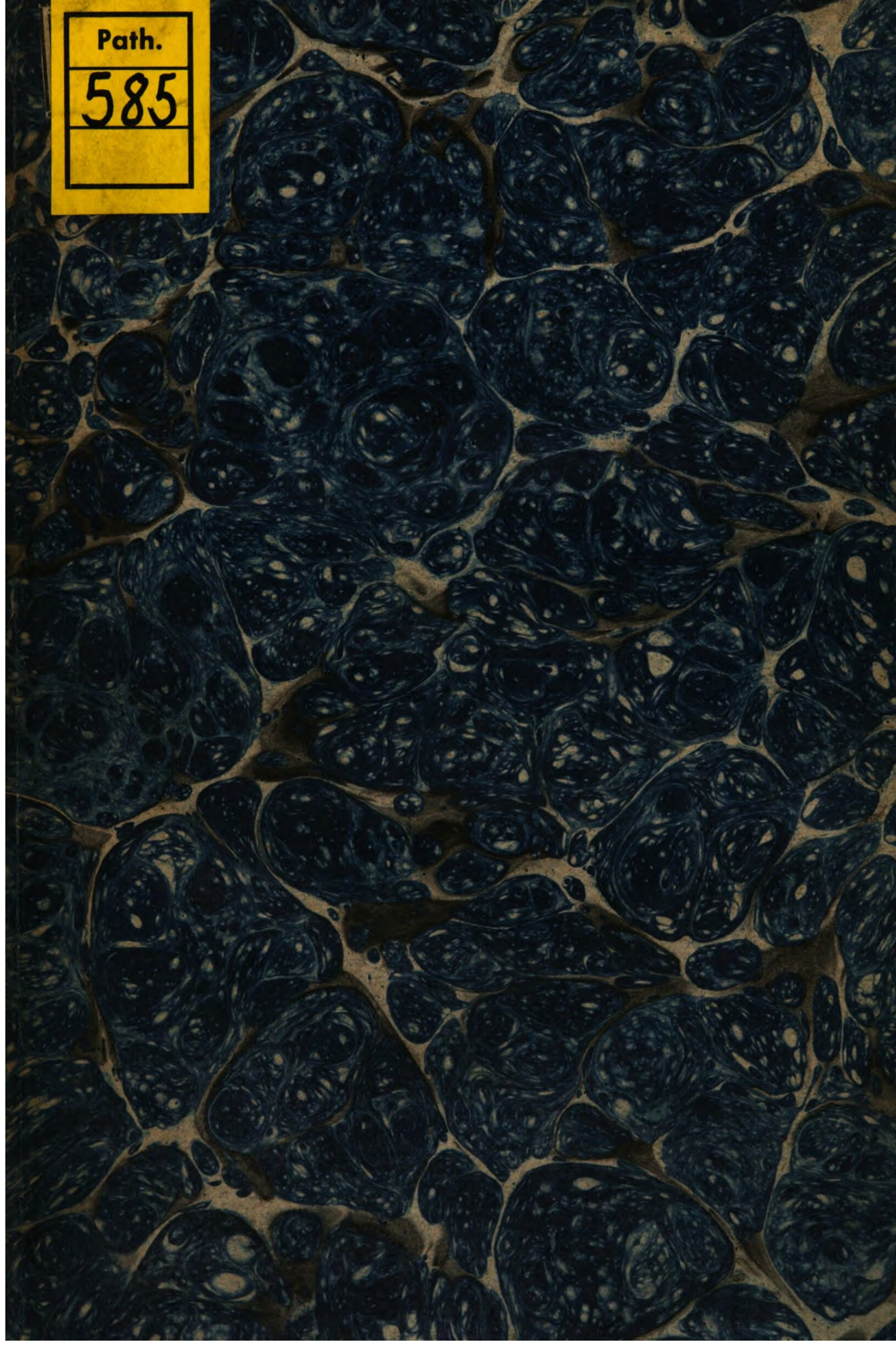


Path.

585



Path. 585.

Path. 585

*med
Ther. free
103*

T H E
M A N A G E M E N T
O F T H E
G O U T,

In DIET, EXERCISE, and TEMPER;

W I T H

The VIRTUES of BURDOCK Root,

R TAKEN IN THE MANNER OF TEA :

First us'd in the Year 1760; in the Author's own Case;
And since in many other successful Instances,
to the present Time.

By J. H I L L, M.D.

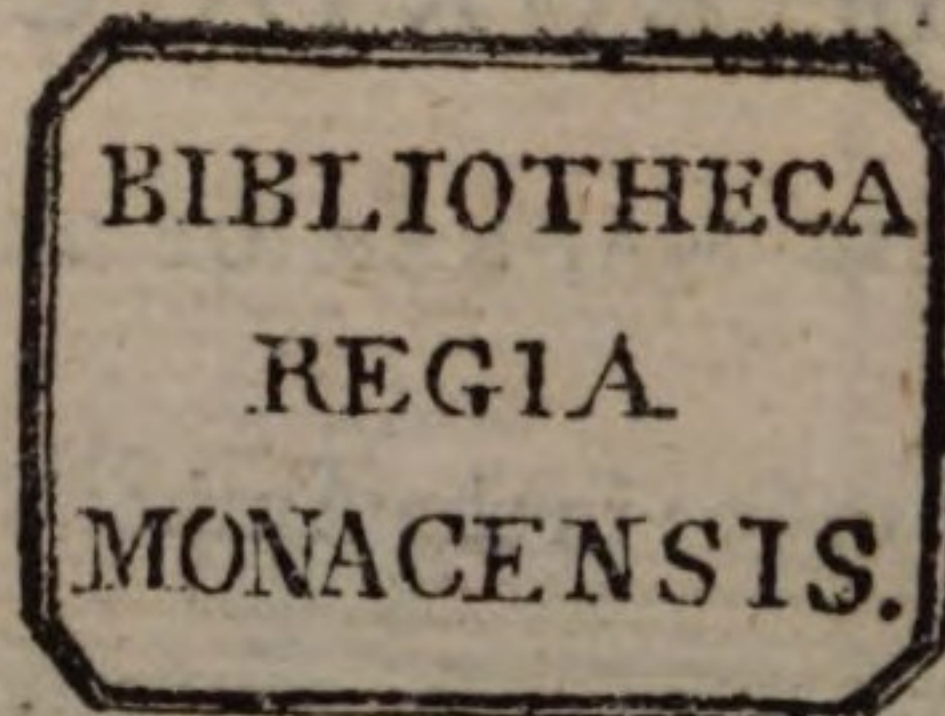
MEMBER OF THE IMPERIAL ACADEMY.

T H E E I G H T H E D I T I O N,
C O R R E C T E D A N D E N L A R G E D.

L O N D O N:

Printed for R. BALDWIN, in Pater-noster-Row; J.
RIDLEY, in St. James's-Street; P. ELMSLEY, and
J. BELL, in the Strand; ROBSON, in Bond-Street;
RICHARDSON and URQUHART, at the Royal Ex-
change; TAYLOR, in Holborn; and DILLY, in
the Poultry.

1 7 7 1.



THE
MANAGEMENT
OF THE
GOUT.

INTRODUCTION.

IT were idle to reason about the gout ;
since we confess we do not understand
it : but it may be useful to others to
know how I have softened the agony of
the fits ; improved the health of inter-
vals ; and perhaps prolonged them ; as
also to be informed of an herb equally
safe and effectual ; to which, (though
hitherto unknown in this disease) I owe
a great part of the benefit.

THIS is the purpose of the ensuing treatise.

IT is the best praise of a physician to seek new remedies for diseases which have baffled the medicines already known : and 'tis his duty, if he have been so fortunate to discover any, to give them freely to the public.

THIS was the opinion of those generous and honest antient times, when the great father of the art, having cured a desperate malady, hung up his votive tablet in the temple of Æsculapius ; and with his success told the world the medicine. This raised the name of the profession into honour : and on these principles succeeding physicians saw statues rise to them while living ; and emperors (in gratitude for their own health, and a people's) place them beside those of the tutelary god.

THOSE antient physicians were most happy in their observations on the sick ; and worthy of all praise for their integrity,

grity, in relating the events of their diseases ; which they did with equal freedom, whether prosperous, or unhappy. 'Tis from them we are to learn the course of nature in sicknesses ; and those happy remedies which nature has afforded for them, are best traced in these, who wrote before the poisons of chemistry were known : they had single and certain remedies for diseases ; and they call'd them by their names. Our jumbles of prescription are equally confus'd, secret, and uncertain.

THE gout, an offspring of luxury, has increased among us with the poisonous arts which feed its parent : and medicine does, and I am afraid will do, but little toward its cure. Even this remedy, which I have found so useful, is only palliative.

THREE things are essential to the softening of the symptoms ; good digestion, free circulation, and open perspiration. Diet, exercise, and a quiet mind will do more toward obtaining these than the compositions of the apothecary : and the

highest praise I give the simple medicine I shall propose, is, that it assists in strengthening the stomach ; and opening obstructions.

THIS will blunt the sting of the disease ; and that is all the afflicted can yet expect. Absolute remedies have been proposed, but they have disgraced even the most distinguished names by which they have been patronised. Cheyne lost credit by believing SULPHUR would cure the gout ; and Dolæus has been the innocent cause of many deaths by his milk diet.

KNOWLEDGE, or accident, may at some future time discover a remedy ; but hitherto the poet, who says, medicine cannot cure the gout, speaks of it more truly than its professors who have thought the contrary.

C H A P. II.

The history of the Gout.

THE earliest medical writers name the gout as a common, an inveterate, and an incurable disease. More than two thousand years ago we read of it in Greece; and of the ineffectual labours of physicians for its relief: from that time to the present the same accounts are given of its ravages in the human frame: and in all countries it has made its appearance with luxury; and increased with it. 'Tis not a wonder the savage life knows little of the disease: for in the most civilized nations, and most voluptuous, even in Britain, those who live by labour, and cannot purchase delicacies, are usually exempt from its tyranny.

THIS history of the gout leads us towards its cure: if luxury and indulgence be its parents; abstemiousness and exercise must prove the remedies. On this has been founded the scheme of vegetable
and

and milk diets: but hasty thoughts do not constitute the physician's knowledge. Nature will not bear violent changes: and those often perish by worse diseases, who thus attempt the cure of this. If they can bear the meagre regimen, the first return to richer food destroys them.

IF the Romans suffered less than we by this disease, even when they were abandoned to the most abominable luxury, it was because they used more exercise: this assisted at once digestion, circulation, and perspiration: and if we in England now feel more of it than was the lot of our fathers, it is because we are not only more voluptuous, but lazier.

WE see by what means the gout may be acquired: and that it often is hereditary, is most certain. Children naturally lead the lives of their fathers: and the effect of high food, and too much ease, strengthen the taint which has been transmitted from the parent; nay those who are absolute as to hereditary gout, do not suppose the
the

the disease descends from father to son always in that proper form : the celebrated Englishman who establishes this distinction, and diversifies the regimen according to it ; supposes the hereditary taint may often be a mixture of scurvy, pox, and stone ; as well as a pure gout.

THAT the gout and stone are greatly allied, appears indeed most certain : and if ever a cure for the one be found, perhaps we shall not long want it for the other. The Burdock tea, from which I have received so great benefit, is equally useful against both, though it be a cure for neither. Possibly it may have power to prevent both, in those naturally subject to them, if taken early, and for a length of time : at the worst, no danger can attend the trial ; and if this should be the case, the advantage will be inestimable.

ALTHOUGH rich food, little exercise, and sorrow, may often in time bring on the gout originally ; they have not this effect universally. Colds bring on fevers,
but

but not always : and even in the most contagious diseases some are free.

THE body is framed differently in various people ; and to this 'tis owing, that the same cause has various effects on different persons ; or, according to their various construction, it has greater, less, or none.

WE see by the course of life, and its consequences in different persons, that all are not equally liable to the gout : and it will be useful to find who are most, who least so ; that men may guard most carefully where there is the greatest danger.

EXPERIENCE shews, and the greatest names confirm it, that men most subject to the gout are those who have the solids firm, and the extreme vessels of the body small.

THIS is a construction of the human frame that gives the greatest natural vigour : and it is therefore those who have
the

the gout are, in general, (if it may be permitted one of them to say so) otherwise the most hearty of their species; sharp, discerning, and sensible; of strong understandings, and ready apprehension: but too much subjected to the empire of the passions; because they possess a quick sense of whatsoever is great or good, affecting, or pleasing.

LET our brothers of the world allow us this prerogative. Nature, who has joined to the gout an almost entire exemption from the tyranny of other diseases, has imposed the full price on her favours, in the agonies of this.

C H A P. III.

The occasions of the Gout.

TH O' we acknowledge great ignorance in regard to this disease, it may be proper to lay before the reader, who has not studied medicine, what is most plain or probable concerning it: that he

4

may

may understand how the diet and remedy to be proposed may best obtain their effect.

THE gout oftenest attacks the *best constitutions*, and is most violent in the strongest. We bring the seeds of it often into the world with us, together with the materials of that strength; and though intemperance encreases it always, and often brings it on before its time; no regularity of life can obviate its appearance, where there is that parental taint, at some time or other. Will any conduct, any application of the powers of the mind, or any regimen of life and diet, keep the man always sober, in whose family there is *hereditary madness*? Has any one seen *hereditary Leprosies* kept from appearing to the latest generations? Men therefore smiled with equal reason at the venerable and honest antient, who thought the Gout was not hereditary; and thought it could be cured. We have seen Insanity dormant for two generations; and Leprosies for three or four; but never failed to see them both appear again in the unhappy descendants of such

such as in themselves had the good fortune to escape them ; and where they do appear, they are equally incapable of perfect cure.

IRREGULARITIES of life will promote and encrease them ; but no care will perfectly prevent their appearance : no medicine entirely drive them from the constitution.

OUR nourishment, and most of all the richest kinds of it, abound with hard parts ; which pass the smallest vessels of our bodies difficultly : and yet they either must pass, or by stopping in them bring on disorders.

IN men, whose solids are soft, and easily distended, these smallest vessels (whose coats are made up of those solids) are readily stretched so far as is necessary to give such parts of our food their passage : and thus debauchees in every sense, may, with certain constitutions, escape the gout ; and in those who have these small vessels naturally

naturally of a due dimension to let such hard parts pass, there needs not any thing of that stretching here mentioned : for they go off naturally and freely, because they are not over-proportioned to the vessels which are to give them way.

IN both these kinds of constitutions, excesses of living, great passions, and even laziness withal, may be indulged without danger of the gout. But let not such persons therefore give a loose to luxury ; for it has other attendants which are at least as terrible.

ON the other hand, in men whose smallest vessels are naturally narrower than usual, and in whom they have their coats too firm for this easy distention or stretching, the hard parts of the food are stopped in them : and all know that obstruction is the cause of inflammation.

This inflammation is the gout: and it shews itself most naturally in the feet or hands, partly because the bones and ligaments there

there compress the vessels, and render any distention yet more difficult; and partly because being most remote from the heart, the force of the blood is least in those parts.

IT has been a custom to name these solid or hard parts separated from our food, SALTS; and our countryman Cheyne, who adopts nearly this system, calls them so: but it is an error, and it leads to errors. Salts dissolve in water: this is their proper character: but chalk-stones of the gout do not. They resemble in this respect the pebbles of our earth, which we know were once suspended in a fluid, because sea-shells are often bedded in them; but having now concreted into lumps, no human art can disunite them.

FROM this plain account of the gout we shall be able to judge who are most liable to it: and therefore where the preventing cautions are most needful. We shall learn also from it how to assist and relieve those who actually suffer it. Tho' it be then too

late for cure: a great deal may be done by care in the diet, temper, and proper exercise; and something more by the easy medicine here to be recommended.

IN general, hard meats, high-seasoned sauces, and salted provisions, abound most with those particles which cause the gout: and the tartar in wines is plainly of the same nature. Therefore he who abstains from these, will in a great degree rob the disease of its strength; and render the other means of relief more effectual.

EXERCISE, which gives strength to the circulation, will also tend greatly to prevent obstructions in the smaller vessels: and any medicine will be farther useful, which, without heat or irritation, can help to soften the too firm texture of the coats of those small vessels, and to give an easy passage to their contents. On these principles is founded the regimen, which it is the purpose of the present treatise to recommend.

ALL

ALL know that cold hardens and contracts, and that heat softens and dilates the parts of bodies. A bar of iron is smaller when cold, and thicker when hot; the thickness increasing in proportion to the degree of the heat: and certainly what can affect a solid metal, has much more power upon our tender bodies.

THE cold air therefore is to be feared by those who have the gout; and the feet should be guarded always from it. For this reason they do well who reject the cold bath in the intervals, tho' some great names stand forth to recommend it.

DRYNESS of the skin hardens also the coats of the extreme vessels; and by that hinders their dilation: whereas moisture and warmth encourage both; and are for that reason always useful.

PERSPIRATION is essential to ease in fits of the gout, and equally to the lengthening of the intervals between them:

therefore whatever stops the pores is hurtful. All foulness stops them up in some degree; and consequently one requisite more to health, is cleanliness: and if we add to these, a mind at ease, we have all that we know of remedy.

C H A P. IV.

The Author's management of himself in the gout.

ON these principles I manage my feet in the following manner. I wash them frequently with water just as warm as the flesh; adding a little bran to soften it. By keeping a small quantity on the fire, 'tis easy to continue the same warmth in the water; which the plain sense of feeling first shewed to be right.

I WEAR shoes so large that the foot moves freely in them: for nothing is more plain, than that squeezing the parts hinders a free circulation: and they are made of the softest leather, lined throughout with flannel; and have cork soles.

I WEAR

I WEAR yarn stockings next the skin ;
and never walk or ride, when the air is
either cold, or damp.

By this means perspiration is kept up
constantly and uniformly in my feet ; and
my hands, when I am in the air, being
defended by woollen gloves, have suffi-
ciently the same advantage.

MINE has been a degree of the disease al-
most of the extreme kind ; such as gouty
men in the middle stage of life seldom have.
For many years I have been accustomed
to a fit in autumn, and another in spring ;
and sometimes the autumn-fit has lasted
through the whole winter. Before I used
the regimen and medicine I am about to
name, fits of five, six, or seven months,
have sometimes held me in the most
severe agony : though going off they left
no chalkstones or swelling.

THIS being a common state of the
gout, and the relief I have found under it

having been very great ; I therefore offer the method to the public : nor is it peculiarly to this degree of the disease it may be applied ; for it will be useful in all.

I DRINK very little wine.

THE tea of Burdock Root is my breakfast, and sometimes my supper : my dinner is that of other moderate people.

I AVOID beef, and pork : I prefer lamb, veal, and chickens, to other foods ; but I am not so strict as to refuse the rest when dressed plainly : my drink is malt-liquor, strong and small ; and some white wine : and from this course of life, which neither I feel as a restraint, nor any body calls so, I receive the full benefit of abstemiousness.

I would have the gouty person never eat of many things, and then he will seldom eat immoderately ; and when the call of nature only leads him, he will digest the food :

food : tho' not when spices irritate the stomach, and give him a false hunger. Roast meats he will find more nourishing than boil'd, for more of their own juices are in them : but of all things, let him avoid the modern custom of eating them half raw : he who would tell us to do this, because the beasts of prey eat them bleeding, and are strong ; might as well bid us, in imitation of the same creatures, to go naked ; they do their best : but God has given us reason.

Nothing fits well upon the gouty stomach, that is not dress'd ; and even the oyster that we eat alive, never fails to agree better with such constitutions stewed.

WHETHER fish should, or should not be eaten by gouty persons, is a disputed point : most writers are against it. What I have found is this : fish in general, salmon excepted, are innocent ; but the fauce is often mischievous.

THIS is all the regulation under which

I lay myself, with respect to the quality of my foods: but I am careful in the quantity. In general, less than half a pound of meat is my dinner. This serves nature the four and twenty hours, without loading her. Whoever will regularly accustom his stomach to about the same quantity of food, will keep it in right order; and will obtain and preserve that great article in the management of this disease, a good digestion.

My exercise I regulate by the weather: and this reduces it to four kinds: walking in my chamber when it is worst, a carriage when it is something better, when tolerably fine I go on horseback, and in the finest of all I walk: not on the uneven stones of London, but on smooth ground, a half mile circuit of my garden; on a walk where there is a perfect level.

AUTHORS prescribe more robust exercises; but I find these sufficient. Repeated experience has confirmed me in
this

this opinion ; and in the gout the great rule, under every article, is moderation.

C H A P. V.

The description of the BURDOCK, and the manner how to prepare the root.

TH E tea, of the advantages of which I have so much cause to boast, is made of the root of the great Burdock.

TH A T no mistake may prevent others from finding the same benefit, I shall be particular in regard to the plant itself, and also to the preparation.

WE have in England six species of Bardana, or Burdock : they all possess the same general virtues ; but the kind which I have found best, and have always used, is the fourth species mentioned by RAY *, the WOOLLY-HEADED BURDOCK. This is called *Lappa major montana capitula-*

* Synopsis Plantar.

lis tomentosis, by Caspar Bauhine ; and Arctium by the earliest writers.

THE plant is common by way-sides, and in waste places ; it very much resembles the more common Burdock in form and stature ; but may be known from it, when young, by the redness of its stalks ; and when full grown, by its woolly heads. Linnæus supposes it only a variety of the common kind ; but however that may be, I have found it possesses greater virtue, and as it is nearly as frequent, and is easily distinguished, no other should be used.

NATURE friendly to mankind, though too much neglected in her favours, has generally made those things which are most useful, the most common, and most permanent. This plant, which grows every where at our doors, has a perennial root ; fit for service at all seasons : and it should be therefore gathered fresh every time for use : I have found its virtue is, in a great measure, lost by keeping. When newly taken up, it is a cordial, diaphoretic,

tic, and diuretic medicine: when it has been kept some time, it is a diuretic only. All its virtues are useful in the gout; and therefore it should be used just gathered.

Cut an ounce and half of this root, clean washed, into thin slices; pour on it a pint and half of water in a stone jar; cover the vessel; and as soon as the liquor is cold, pour it off through a sieve without pressing. This quantity is two doses; warm half of it moderately, and mix with each dose half a pint of new milk and half an ounce of honey. Drink it alone, or eat it with bread for breakfast, and the remaining half in the same manner for supper. In the morning it may be made just as common Tea, and drank dish after dish, but this more regular way is better.

HOWEVER taken it is very pleasant; the flavour is like that of the pea or bean-kind; and the infusion or Tea of it, thus mixed with milk, tastes like asparagus, or young pea-soup: palates are various;
but

but to me it is as agreeable as either of these: it sits well upon the stomach; and promotes gentle perspiration: 'tis lubricating, and deobstruent: its principal operation is by urine, but that not violently; and it is at once serviceable against the disease for which it is given, and against that certain attendant on it, the stone or gravel. Perhaps, in this respect, it excels all other remedies.

IN regard to the gout, it does all we ought to expect, or require of a medicine; unless we knew an absolute, or specific remedy. It softens the too firm texture of the coats of the vessels; it separates the solid parts swallowed in our food to a due distance, if drank regularly in this manner; and while it keeps them out of those clusters, which would prevent their passage through the smallest vessels; it lubricates and softens those vessels on the inside, and gives them a due distention. At the same time it refreshes and invigorates the whole frame; promotes circulation as evidently as it
does

does perspiration ; and in a secondary manner assists the digestive faculties : for the stomach being charged but once in the twenty-four hours with solid, or coarse food, according to this regimen ; and that not in too large quantity, is able at all times to act properly upon it ; and is not a little assisted also by the medicine.

THUS, if I do not deceive myself extremely, this root possesses all the virtues we expect from long and perplexed courses of medicines for the gout : and has their full effect ; while it neither offends the stomach nor loads it.

THERE is also this farther advantage, that in taking it in the regular manner here directed, the patient has withal the benefit of a very excellent milk-course : for cow's milk, with this addition, is brought nearly to the state of that of asses ; and this is the moderate way of taking it ; which alone is safe. The absolute good effect of milk none can dispute who have read of its effects, or seen them ;

them ; but the danger is in the absolute change from a common course of life, to one so poor. This is a middle method : the effects of milk are improved by the medicine ; and there is neither the danger attending on the entering upon such a course ; nor on the leaving it off again for a common diet.

WHAT I write of the great effect of this medicine ; I also feel. Mine, tho' not the most terrible state of the gout, was some years ago worse than men usually suffer at my time of life ; but it is now reduced to a very slight degree. I have some seasons escaped with two fits in the year, and these only of three weeks continuance each ; one in autumn, and another in spring. And if the peculiar unfavourable nature of the season at any time makes it worse ; if one fit follow another thro' the winter, still they are the slighter for their number ; and there are intervals of health between.

MORE than this, no man afflicted with
 5 the

the gout should even hope, unless an absolute remedy should ever be found : and thus much I can, in general cases, promise to any one who will follow the same easy, convenient, and agreeable method.

C H A P. VI.

The conduct of a gouty person in the fits.

IN the time of fits I find bed the only proper place : the posture is most favourable ; sweats are easiest procured ; and the limb may be most conveniently wrapped up in wool and flannels. Yet too much warmth, even in the fits, and much more in the intervals, may certainly be mischievous. I fear the method of tying up the limbs in oil'd silk for a length of time during the fit, tho' it may have eas'd the pain has also lengthen'd the continuance ; and left the ready means of stony concretions in the parts it has weakened : 'tis certain, those who never had chalk-stones before, have been distress'd with them soon after using these contrivances.

I ALWAYS

I ALWAYS take to my bed immediately on the attack of the gout ; and eat nothing solid for the two or three first days. The medicine with less milk is my usual drink, and I find from it the double advantage of promoting perspiration, and clearing the urinary passages ; in which, otherwise from the posture, and the diminished quantity of urine, (in consequence of the encreas'd perspiration) gravel, and small stones, otherwise would naturally be formed.

LET it be understood, that I speak here of the gout alone. These are the advantages of the medicine in moderate cases : and in the very worst, it will do proportionable service ; when that is the sole disorder. But this, tho' vulgarly said to banish all other diseases, is often joined with very bad ones.

THAT is always to be known by the complication of their symptoms ; and, in that case, let no man who has not
been

been bred to phyfic, trust his own opinion. In the extreme degree which I shall name presently; and in this case also, let a physician be called in: but, for the general course of the gout, the patient may manage himself very well by these directions. An honest physician, if called in, would do nothing; and for those of another character, no care is too great to keep out of their hands.

C H A P. VII.

Of the different stages of the Gout.

HAVING explained the nature of the Root I wish to recommend; I shall add, for the information and relief of my fellow-sufferers in this severe disease, a general account of the appearances of the gout under its different degrees; the occasions of regular fits; and to the best of my power, its treatment in all circumstances. Nor is the giving satisfaction to the minds of gouty persons, a small article toward their bodily relief; for a disturbed imagination, and uneasy temper,

C

aggravate

aggravate all the symptoms. Perhaps too much has been said upon this; but still a great deal is true. Vexation prostrates the appetite, and greatly prevents digestion. We say also it brings on bad habits, and chronic, and compleated diseases; but we mistake the effect often for the cause. When men are miserably low-spirited, and sorrowful, 'tis said, diseases follow from it; and sometimes it may be so: but oftener, by far, men have diseases, and sickness makes them low and sorrowful. I do not know that low spirits will produce a stone in the kidney; but I am most sure, a stone in the kidney will occasion most miserable low spirits.

As the persons most liable to the gout are the ingenious, active, and rich, their natural course of life contributes also to bring it on: they feed high, and give a loose to the passions: and often, what they suppose their punishment, is their relief. A fit of the gout terminates symptoms which threaten something worse; and the head and stomach are

4

cleared

cleared by it, instantly, after long oppressions.

WHEN a man feels himself uneasy after meals ; his stomach disturbed with wind, his head dull and giddy, and the palms of his hands hot and dry ; if his cheeks burn, and his breath be short, and he have twitchings, and slight convulsions ; let him, if he be subject to the gout, or have reason to expect he may be so, desire and use all means to bring on a fit.

NATURE is at such times oppressed with the gouty matter ; and is labouring in all this to throw it to the joints : and she may be overpowered by it unless that can be accomplished. The severest fit is not to be dreaded on this occasion ; for it prevents, perhaps, an apoplexy.

THE efforts of nature in this struggle, bring on a fever, which continues with the fit ; the pain and inflammation joining to keep it up : it is therefore a necessary symptom ; and need give the patient no concern.

ALL this while the nights are most painful ; and the easier hours are those toward the middle of the day. The pain, the inflammation, and the fever encrease at evening ; and they naturally abate a little at the approach of morning. In persons who have been long subject to the gout, it takes a fortnight, or longer, to make those changes, which in others happen often in the four and twenty hours ; and hence arises the different length of fits. Every fit of the gout is made up of many of these shorter fits ; and the general fit is longer or shorter, according as these are more or less in number.

A FORTNIGHT, or thereabout, is the most natural continuance of a regular fit of the gout in an unbroken constitution : when it gradually encreases at evening, and abates in the morning ; this may be expected to be the period : and with the use of the medicine here recommended, in the fit, and during the intervals,

intervals, the patient may usually promise himself this regular period for relief. Accidents may prolong the fit, or when it is over, may bring on relapses: and against these he must be upon his guard.

No error is greater than that of a person rising from a fit of the gout, desiring to be well too soon.

AFTER the perspiratory regimen I have directed, the pores will be open; colds are then caught most easily; and the consequence will be a relapse: for though the gouty matter has been in a great degree discharged during the course of a regular fit; I never yet knew once the body so perfectly cleared of it, but that enough remained to furnish out a second attack, if the ill conduct of the patient exposed him to such danger.

WITH respect to the great article of chalk-stones, or concretions in the joints, we should first be well assured what, and of what nature they are, before we attempt

to prevent them ; if of the same composition with those of the kidneys ; and fixed air be an essential article ; we shall be assured, that those who have prescribed an absolutely vegetable diet in the gout, have taken large strides toward producing them,

If any thing can dissolve them out of the body, we shall at least have advanced toward the knowledge of what may have a tendency to it within ; and that which has but a tendency to dissolve, may be absolute in the prevention of their formation taken in time : he would deserve well therefore of the world who would go thro' some trials of this kind ; and from what I have seen, those Plants which have an acrid milky juice, bid fairest for success.

C H A P. VIII.

Of the conduct of a gouty person in the intervals.

AS the new recovered patient should accustom himself to the free air by slow degrees ; he should be as careful
also

also in the first use of the restor'd limb. I have more than once for the pride and pleasure of walking across a room, suffered a relapse : and many a man by going out one day too soon, has been laid up again for twenty. Sydenham is indeed for sudden airings : but experience here contradicts his doctrine.

WHEN the feet are become really able to tread upon the ground, let the utmost care be yet taken to set them down at first slowly and evenly. A twist of the ankle by a rough stone will often bring on a fit, at a time when it was otherwise not at all to be expected : much more may any violence to the parts occasion a relapse while they are yet so weak.

IF men subject to the gout ought to wish for fits at due times for the sake of their health ; and particularly to solicit them on the appearance of the symptoms I have named, which are expressive of nature's efforts to bring them on ; so ought they also sometimes to desire them on

account of their peace of mind. The gout labouring ineffectually to a fit, gives the very worst hypochondriacal symptoms that can arise ; vain terrors, and melancholy, and unnatural peevishness : a fit in this case will always be a relief to the person himself, and to his friends.

WHETHER medicine can contribute to this happy event, experience has not taught me ; and I follow no other guide : but what the patient should not do at such times is evident ; though we are not so certain what he should.

NATURE is at these times loaded and oppressed ; let him not oppress her more by intemperance. Full meals are more to be dreaded than any other excess. Once I have, in these circumstances, brought on a fit by carefully bathing my feet in warm water, and encreasing the dose of the Burdock : but whether the effect be, or be not constant, more trials must determine. The fit I thus brought on immediately followed the bathing ; the
right

right foot continued in the same degree of heat with the water ; while the other grew every instant more inflamed ; and the gout possessed it fully before midnight. Towards morning the symptoms remitted a little ; and the fit was a regular and moderate one of sixteen days. The medicine brought on sweats, which abated the fever, and the inflammation ; and little more than the three first days could be called very painful.

WITH regard to a few such days, there is a rational comfort in the very agony : for the sharper the pain is at first, the shorter will be probably the fit ; if no error, or neglect of care prolong it.

THE short period of the fit is not all that is foretold by extreme pain, during the first days of it : perfect health, till another fit, is the natural attendant on the same extremity : for the more exquisite the pain is, the more perfect is the fit ; and the more perfect that has been, the more healthful will always be the succeeding interval.

I HAVE

I HAVE always found after a perfect fit (though it have been a short one) appetite return ; and with it good digestion : strength soon recruited ; free and lively spirits ; and no return of any complaint whatsoever ; till, in spite of all the effects of Burdock and a moderated temperance, nature has collected matter for another fit : and this being managed as the former, has given the same healthy interval afterwards.

IN general temperance is to be measured by our condition, and our customs ; and in some degree by the customs of our fathers. He that suddenly leaves off all strong liquors, hazards more mischief than he can receive good ; changes, to be effectual and safe must be determined, but gradual : to the water-drinker that may be mere drunkenness, which to those used to a more social life, is moderation ; and 'tis folly to prescribe total abstinence from strong liquors to the children of wine-drinking parents : More than our
dispositions

dispositions to diseases are hereditary ; and he knows nothing of the human constitution who does not see hereditary as well as natural necessities,

My friends say, no man when free from the gout, is more perfectly free than I am. I believe it is true : and this is the reason. They and the world have here the whole method by which I have attained this degree of happiness : and it should have been made known sooner, had the truth been sooner sufficiently ascertained. The healths of mankind are not to be trifled with ; and he is as criminal who publishes a remedy before he is assured of its success ; as he who keeps it secret afterwards.

MEN complain who have frequent fits of the gout, but without just reason : for the more frequent they are, always they are the less violent. The quantity of gouty matter, after a long interval, is great ; and the vessels in so considerable a time of rest have contracted themselves more than ordinarily ;

dinarily ; and are less fit for letting it pass ; and this is always the case. On the contrary, in more frequent fits the quantity of the matter to be discharged is small ; and the passages are more open for its free course out of the body.

ALL that medicine is yet known to have power to effect, is to improve this state of the vessels : and so much it can. Temperance, and such a remedy as is here proposed, will reduce distant fits to the condition of those which follow nearer upon one another : by what I have yet seen, I think it will prevent the disease from growing worse in any stage : and even that, in one that is allowed to be incurable, is no small advantage.

C H A P. IX.

Of imperfect fits of the gout.

THE great effort by which regular fits of the gout are brought on, is a strong and powerful circulation. This is natural to gouty constitutions; but it is
not

not universal. When this strength is deficient, all the previous symptoms of the gout will appear ; as shivering, fever, loss of appetite, numbness, and at last, a gnawing pain in the parts where the inflammation might naturally be expected : but nothing more. This is a very unhappy case : pain would be here a real pleasure ; for it would be the sure presage of approaching ease.

THE weakness of age is often the cause of these imperfect fits ; and sometimes a too low diet : frequently also the temperature of the air. In all these cases, the great care is to do nothing that can obstruct nature farther : and I have always found the Burdock Tea here recommended very effectual, For this purpose it will be best to enlarge the quantity of the root in the infusion, without encreasing that of the milk or honey.

THE effect of an ill-managed gout in any state, and perhaps of every gout in time, is to load the joints with chalk-stones.

stones. This is a very deplorable circumstance : but there is comfort with it ; for then the pains are less.

THE causes of these concretions are a weakened circulation, and a farther hardening of the coats of the vessels. The first may happen at any period, from accidents ; but both are certain attendants on old age. The power of the heart grows less as men advance toward the natural termination of their life : we see evidently that the great artery near the heart always has its coat hardened by age : nay, sometimes it is turned to a kind of bone.

LET the reader now consider what has been laid down as the necessary course of relief in this disorder, and he will at once see how he is to judge. The two great articles to be wished, are, a free circulation of the blood, and a softening of the coats of the vessels : but no medicine can do this when the heart has lost its force, and the coats of the vessels are naturally and necessarily hardened. One first cause of the
gout

gout was that hardness of the vessels, and this encrease of it must encrease the disease.

BUT there is comfort yet for those whom the gout has preserved to know this period. They have by that time reached toward the full, and possible extent of human life; and without their disorder, age itself would call them soon from this stage of being. It must be also observed, that though the load be greater on the parts, the pains are less: for the organs have lost something of their former delicate sensibility.

THE occasion of these concretions is plain: the matter which causes the gout is thrown upon the parts from whence it has been used to be discharged; but neither the nature of the vessels, nor the power of the circulation any longer favour, or support that consequence. The quantity which should have been thrown off is left upon the limb; and at every fit more is added: for the powers of nature are every time weaker;

weaker ; and the first lodged quantity is an additional obstruction to all the rest.

By degrees the matter of the gout now becomes the object of our senses. Those hard particles which are swallowed with our food, appear separated from it : that about which we have before reasoned we can now see ; and the certainty of the doctrine establishes the method of relief.

PARTICULAR constitutions, and peculiar frames of body, may shew this mischief sooner ; for a weak circulation, and very firm coats of the extreme vessels, may put youth in some degree on the level with old age : and in that case, the same effects must follow. It is to this we must attribute chalk-stones in young men. And 'tis not an idle speculation that discovers this ; for the cause being known, the event may be expected ; and we know also how to attempt a timely relief.

A LANGUID circulation is discovered in the pulse : and although the too great firmness

ness of the coats of the extreme vessels be not so immediately the object of sense; yet it may be in some measure perceived in the general habit of the body. A young man in this state should be doubly careful in the intervals of his fits: every thing should be observed that can promote, assist, and invigorate the powers of the heart; and the strength of circulation: and double care must be taken to keep those parts, which the gout naturally attacks, free, soft, and open.

Thus, perhaps, by the single medicine here recommended, what is so early lamented in some, may be obviated in others; and years of misery prevented in many valuable lives.

LABOUR preserves the poor from the gout by the assistance which it gives the circulation. Exercise in part supplies its place with men of better fortune: but they use too little; and even when they have done their utmost in it, something more is necessary; because this is not equal

D

to

to the want. What the peasant finds from labour, and the nobleman seeks from exercise, is to prevent thick fluids stagnating and lodging on particular parts: he who can direct a remedy which shall attenuate those fluids; will enable exercise to do the office of labour: And this I have found the Burdock Root, taken in the simple form of tea, will in some degree effect: in some degree only; for could it do it perfectly, it would cure the gout; which never can be cured. But the assisting nature in any degree this way, must and will, and does alleviate that which nothing can cure.

C H A P. X.

The nature of the gout in old persons.

THE fits in old men who have arrived also at an advanced stage of the disease, are more frequent, and of longer continuance than in others: but the extremity of pain is over. The chalk-stones are very long in forming: there is not any violent anguish in this operation

operation of nature : and they may at the worst be taken out without much pain. Indeed they hurt the power of motion in those joints which they affect ; nor does the removing them restore the strength of the part : it only eases the patient of the incumbrance. The worst is, these stones will appear in other joints beside those which the gout originally, most naturally, and most painfully attacks : but the patient feels less than he would otherwise even from this cause ; for the divided force of the disease is weaker.

THIS is the worst state of the gout wherein the patient can be trusted with the care of his own health; but thus far he may. The last and severest stage of all; and which is most frequent in those who have gone through all the others, is the gout's leaving the extreme parts, and falling upon the head, the stomach, or other of the nobler organs.

IN this case, the best power of the
D 2 physician

physician is necessary ; let it therefore be timely called in : and let the patient esteem him a master of his profession, who is able to procure him even but a little relief. The absolute weakness of nature is the cause of his misfortune ; and he who can give her strength under any circumstances, deserves great honour : but where debauches have destroyed the very principles of life, or where they are worn out by age, the power of art is very limited.

C H A P. XI.

Of venery in the gout.

THE reader unaccustomed to medical researches, thus sees in a plain view what the gout truly is ; and in general what favours ; and what opposes its generation in the body.

IF his ancestors have been afflicted with it, and he dreads the stroke at some future period of his life ; or, if having been initiated by slight attacks, his hours pass in painful expectation of worse ; he sees the
great

great rock he is to avoid ; which is, intemperance in food and drink : but there is another point as needful to be discuss'd, perhaps more needful, because less understood ; and that is, the commerce with women.

'Tis difficult to treat such a subject without an appearance of ill-timed pleafantry : but he who reads with the spirit wherein this is written, will not trifle so much with himself, or me, as to lose sight of the real purpose of the enquiry.

FROM the earliest time intemperance and debauchery have been forbidden in this disease ; and under that general denomination, venery has been universally understood to be included. The old physicians were against all indulgence of this kind for gouty people : and stern Dolæus makes it an article of his milk-regimen, that men abstain from women strictly for a year.

LET me be understood rightly, when I
D 3 declare

declare against this doctrine. All things in excess are bad ; and he who gives a loose to ridiculous and immoderate desires of this kind, will do himself injury, whether he have the gout or not. Indeed it is peculiarly wrong in this disease ; because excesses of this kind weaken a constitution ; and we have shewn the gout wants all its vigour.

As for a moderate commerce with the other sex, far from enfeebling nature, it preserves her in a right state : it was intended in our construction ; and is required by our constitution : but this is all. He who swallows cantharides to provoke sensations, for which he is not supplied by nature, is little better than a mad-man : and the unhappy idiot, whose wild passions join the pox with the gout, deserves more pity than he is like to find.

THESE are the follies of the passion ; not its natural state. God intended an union between the sexes ; and the laws establish it in a decent, proper, and happy manner.

Every

Every man subject to the gout should marry : and in that state, if himself be honest, and his wife have not thrown off the modesty of her sex, all that will naturally happen in this kind he may be assured is for his benefit.

THIS is moderation, without restraint : 'tis temperance ; but not abstemiousness : it is living as nature purposed ; enjoying her satisfactions, not abusing them : and here, as in every thing else, he who truly understands what is natural ; will find it is right. It must be so : for what we express by nature, means the operation and management of the deity ; and he is incapable of error.

WHY should any suppose the gouty person denied, in decent moderation, this supreme delight of the human being ? of all men nature prompts him to it most ; and in him it is no false stimulation : the construction of body, which makes him liable to the gout, gives him also peculiar vigour ; and he who follows the foolish

counsel of those who wrote their regimens, when they had outlived this sense, will do himself as much injury by a forced abstaining from it, as the inconsiderate youth can by his too free indulgence.

LET it not be supposed men should, for this reason, solicit appetites: let them wait till appetites solicit them; and when the period of life is come, wherein nature no more reminds them of the folly of those physicians, then let them observe their doctrines.

I HAVE said this is a delicate subject to write upon: and it is also delicate in the patient's management. The certain and infallible rule must be this: let him observe the absolute demands of nature: if he urge these upon his mind, he deceives himself; and if when they are real, he rejects them, the mischief is as great. The conduct of life in this respect is of high importance to the gouty patient; and there is none in which his reason will more faithfully direct him: but to enjoy

her influence, he must give her the absolute reins.

HIGH feeding is too common among gouty people ; and it has been forbidden in the easy regimen directed here : but if any will, in contradiction to this advice, indulge in it, let him remember he is not in a state of nature : his blood and juices are inflamed ; and he may have absolute, which yet are not natural, sollicitations. High fauces are cantharides in a lower degree ; and their power on the constitution being alike, the like effects must be expected from them.

IN this absurd course men give abundant matter to the disease by their intemperance ; and by indulging the stimulation it occasions beyond the purposes, or healthful powers of nature, they at once load the blood with gouty particles, and enfeeble the circulation, so that it cannot throw them off : therefore they perish. The stomach or the head become the seat of the disease, and they fall at once by an apoplexy ; or more miserably from perfect indigestion.

THIS

THIS is the difference between rational enjoyment, and brutal indulgence; between the use and the abuse of pleasures.

C H A P. XII.

Of discharging the chalky matter of the gout by urine.

WHETHER new formed concretions of gouty matter can be dissolved, is doubtful; that old ones cannot, is most certain: but thus much is also sure, that if they can be prevented, or, when new, dissolved by any thing, the Bark of the Shrub Mezereon promises best to effect it. I have seen instances in a few persons that seem to promise it; but 'tis not from a few that any thing can be infer'd with safety. If Physicians will give it carefully, and for a continuance, perhaps the event may answer.

IN that critical and dangerous case, wherein nature is labouring to bring on a fit of the gout in the extremities, but
from

from a heedless or vicious course of life is unable to effect it ; the great hope that remains, is to give it a discharge some other way, since it cannot be thrown upon the proper parts. It has been said, and it may easily be proved, that the gouty matter of the joints, and the gravelly matter of the kidneys, are very nearly the same : the best chance therefore is to be had by giving it this course : but in that attempt all violence is dangerous : what I have found is, that doubling the doses, the Burdock Root has performed great things. No ill can attend it ; and the hope of advantage is rational, and great.

SINCE the last edition of the present treatise, I have found in my own case this effect of Burdock in a very peculiar manner. On the ninth of July 1770, I was regularly attacked by the gout, after a ten weeks interval : I took large doses of the infusion, and voided a vast quantity of gravel : the pain and fever went off in twenty-four hours, and I walked again in a week.

ALL

ALL outward applications to the feet and hands, when the gout is in those parts, are wrong : the disease is already where it should be ; and nothing is required but giving the matter of it a free passage. And the internal means we have proposed do that. Nothing can be so dangerous as driving it from these parts ; or preventing its perspiring through them : and there is great reason to fear, that all the compositions which have been devised for external use, tend to one or other of these consequences.

LET the patient first consider that he cannot be cured : then let him apply all his endeavours to palliate the symptoms of a disease, which he must bear for life ; and let him be as easy as he can under what he must endure.

EXERCISE, temperance, and a quiet mind, are the great articles of relief : these are all in his power ; though perhaps there requires a command of himself to
enjoy

enjoy the benefit of either : the patient in this case must be his own physician ; and the best medicine for the gout is a true philosophy.

EVERY high meal gives strength to the disease ; and every immoderate passion inflames its vehemence. The best indulgence of the appetites is not worth the pain of this disorder : passions which encrease its violence, disturb and distress the person while he indulges them : and beside this painful consequence, they never fail to be themselves their punishment.

C H A P. XIII.

Of air and exercise.

IT has been observed, that certain seasons are unfriendly to the gout ; and the truth of this will be obvious to any who observe the condition of persons in general afflicted with this disease. There are winters in which they are all laid up for a long time ; and others when they in general

ral escape well. As nothing but the temperature of the air can be the occasion of this, we see how much gouty people depend upon its good condition. This may lead them to consider the air at all times, as a very essential article ; and they will on more examination find it truly is so.

THE air of London, clogg'd with sea-coal smoak, and tainted with a multitude of foul, unpleasant, and unwholesome exhalations, cannot be proper for men, whose ease, and perhaps life itself, depend upon a good digestion ; and free course of the blood.

PLANTS cannot live in the air of London ; or even near it, healthfully : our organs are much more delicate than theirs ; and we often attribute to wrong causes, the mischiefs which arise solely from this. If business, or unconquerable fancy, fix a gouty person in London, let him chuse a part near the outskirts of it, and upon high ground : and let him on every occasion that offers, get into the clear air, if only for a few hours.

AN

AN absolute residence in the country is much more healthful: but where the company and amusements of this gay place, have power to detain such a person in it for winter, let him recruit in summer, in the pure air; and lay in a stock of vigour for combating the pains and sickness of the ensuing season.

AN absolute country life is certainly the most healthful: but whether it be this, or a partial one the gouty man can enjoy, let the situation be chosen with care. Bleak hills, and damp low grounds, are equally unwholesome; and equally improper for the gouty: and clayey soils are always bad, because they detain a continual moisture. His best situation will be on the gentle slope of a lightly rising ground; where the autumnal *blue-bell* and *wild-thyme* paint and perfume the surface; and where the soil is gravel: where there are few trees, and where there is some running water.

HE who will fix himself on such a spot as this, and enjoy life with temperate moderation, needs not envy or desire the baths of Aix, or the soft air of the south of France; or any other natural advantage under heaven.

LET him here use moderate exercise; and avoid damps and cold: allow himself but one solid meal a day; and when he grows towards the decline of life, have his physician near. Himself will be able with prudence, and a due command of his appetites, to manage his disease till that period; and his mind will be at ease when he knows the help that may possibly be needed is not too remote. He will thus disarm an enemy he cannot conquer; and though under the restraint of temperance and care, will lead a happier life than those who fancying they are out of this one danger, expose themselves idly to a thousand.

WHEN a fit comes on, let him be abstemious;

stemious ; yet let him not deny nature
her support. They err who advise strong
wines in their natural condition, under
pretence of freeing the stomach from the
disease, when it is free already : but some-
thing in this way should be done ; and
they mistake as much who, avoiding that,
keep themselves too low.

C H A P. XIV.

Of the diet and drink of the gouty.

THE gout in regular fits is already
where it should be ; and what can
be desired more ? strong wines inflame
fevers, and increase and aggravate an in-
flammation ; and under both these the
patient labours at that time. The stomach
is well ; therefore it requires no medicine ;
and what is given vainly for that end,
inflames the other symptoms.

LET the wine which is used be strong
and good in its kind ; but till the decline
E of

of the fit, let it be given only in form of whey. The patient has thus all its strength; though less of its bad qualities: and while it gives him spirits to endure the pain, it assists that perspiration by which he hopes to be relieved.

UNLESS particular accidents determine otherwise, white wine is preferable to red: but when a purging comes on during the fit, that should be changed for common Port. A great deal of care should be taken to get the wine good in its kind: and of all others I have found LUCINA WINE the most excellent. Often a change of the sort of wine alone, will answer the purpose of stopping that bad symptom. It is not common; for heat and sweating naturally incline the bowels to the other extream: but when it happens, some care should be taken, lest it interfere with the right purposes of nature.

SOME have ventured to give, and to recommend in the gout, liquors stronger than wine :

wine : but they are never necessary, and they may be hurtful. Porter I have found infinitely refreshing ; and it tends to keep the body open : but 'tis only a little must be allowed.

WHEN the fit is going off, the most adviseable conduct is to abate of the quantity of wine ; and make up the difference in boiled chicken, chicken broth, and other things ; which will recruit the strength : for spirits naturally follow.

THE diet of the intervals has been in general directed already ; but there are still some articles of it to be considered.

THE small beer that is drank must be regarded with great care : 'tis equally mischievous if too new or too stale ; and 'tis rarely without great care one finds such as is not in one extream or the other.

IN this, and in the porter, which I have

E 2 allowed

allowed myself, in, as well as out of the fits, with moderation, the eye can be in a great measure a judge : at least it will serve as an outguard ; to put the rest of the senses upon their caution. The gouty person should never drink malt liquor but in a glass ; and if he sees it is not perfectly clear, he must set it away at once. It may be sour when it is perfectly fine ; but of that the first sip gives notice. As to muddiness, 'tis always a proof that 'tis unfit for use.

BROWN bread, I mean such as is made with a little of the bran in it, is preferable vastly to what is perfectly white ; for it tends to keep the bowels open : the finest and whitest, from the alum in its composition, has a contrary tendency. There is not so much of this wicked ingredient ever used as to bring on immediate ill symptoms : but he that is subject to the gout should be upon his guard against the most remote : even tendencies to ill, are ill to him.

I TREMBLE

I TREMBLE at the thought of changing bread for biscuit ; and much more at making any other violent alteration as to the great article of our diet : for none is so perfectly wholesome. There are countries where other vegetable matters are substituted in the place of corn ; but what nation shews a people so strong, so spirited, so perfect men, as England ; or subject to so few distressful national diseases ?

A THIRD part of the world feed on rice instead of corn ; and of that third, almost an eighth lose their sight unnaturally early. Rice will not make into bread, but is eaten in its own form boil'd : and the want of that fermented condition which renders it always ready, with heat and moisture, to ferment again, robs the eaters of it of that excellent assistance the stomach receives from bread in that state.

OUR

OUR stomach acts upon the food by motion, and also by a gentle, but yet powerful dissolvent: rob it of either of these, and digestion fails. The natural dissolvent of the stomach is a moderately acid juice: this being constantly consumed is constantly wasted, and needs a perpetual supply: with us it finds that supply perpetually from bread; which soon acquires this needful sourness in the stomach, and is delivered down into the guts, before it has too much of it; and perfects there the natural good offices it had begun in the stomach.

IN Ireland, where potatoes supply the place of bread to the poor, they all grow old before their time; and tho' too poor for intemperance, too laborious for indolence, and too vacant of mind for tiresome contemplation, yet have they, from the mere want of this needful acid in the stomach, all the diseases of laziness, and luxury, and delicate sensation.

AT

AT Tinian, where the fruit of a tree serves as bread, the people are in health, to very long lives : this needs no farther comment ; when we know their vinegar is made from the same fruit, placed but a few hours in the sun, in water. In their stomachs it does not remain long enough to get this powerful acidity ; but still 'tis long enough to afford that slight degree, which the digestion of our food requires.

WHETHER vegetables in great quantity, be or be not useful in the gout, has been long disputed, and is yet undetermined : that, in a moderate use, they are good, is obvious : but that a vegetable diet may not encrease the disease, is far from being known by experience ; thus much is certain, and is worth regard. The nature of the gout and the sea-scurvy are so opposite, that no man ever suffered both together. Gouty men who have fallen into this scurvy, have constantly escaped the
gout

gout the while. Now vegetables cure this sea-scurvy: may we not fear them therefore in the gout?

Under the article of moderation there comes one consideration more; which regards the time of bed.

LATE hours at night, tho' accompanied with no other kind of irregularity, are in themselves hurtful. The gouty person understands that he should never venture into too cold an air; for violent or unaccustomed chillings of the flesh are in a high degree hurtful. The night-air is always cold; and it is often damp withal: in any condition it is dangerous to those subject to this disorder; but where there is dampness with the cold, 'tis worst of all.

EVERY body should avoid taking cold; but gouty people more than all others.

THOSE were healthy times, in which
our

our ancestors rose with the sun, and went to bed at his setting. Nothing like this can be expected now; for he who does not conform in some degree to the customs of the world, gives up the advantages of society: but let the proper lesson still be kept in mind; and let nothing tempt the gouty man to accompany those who are exempt from that disorder, in midnight entertainments.

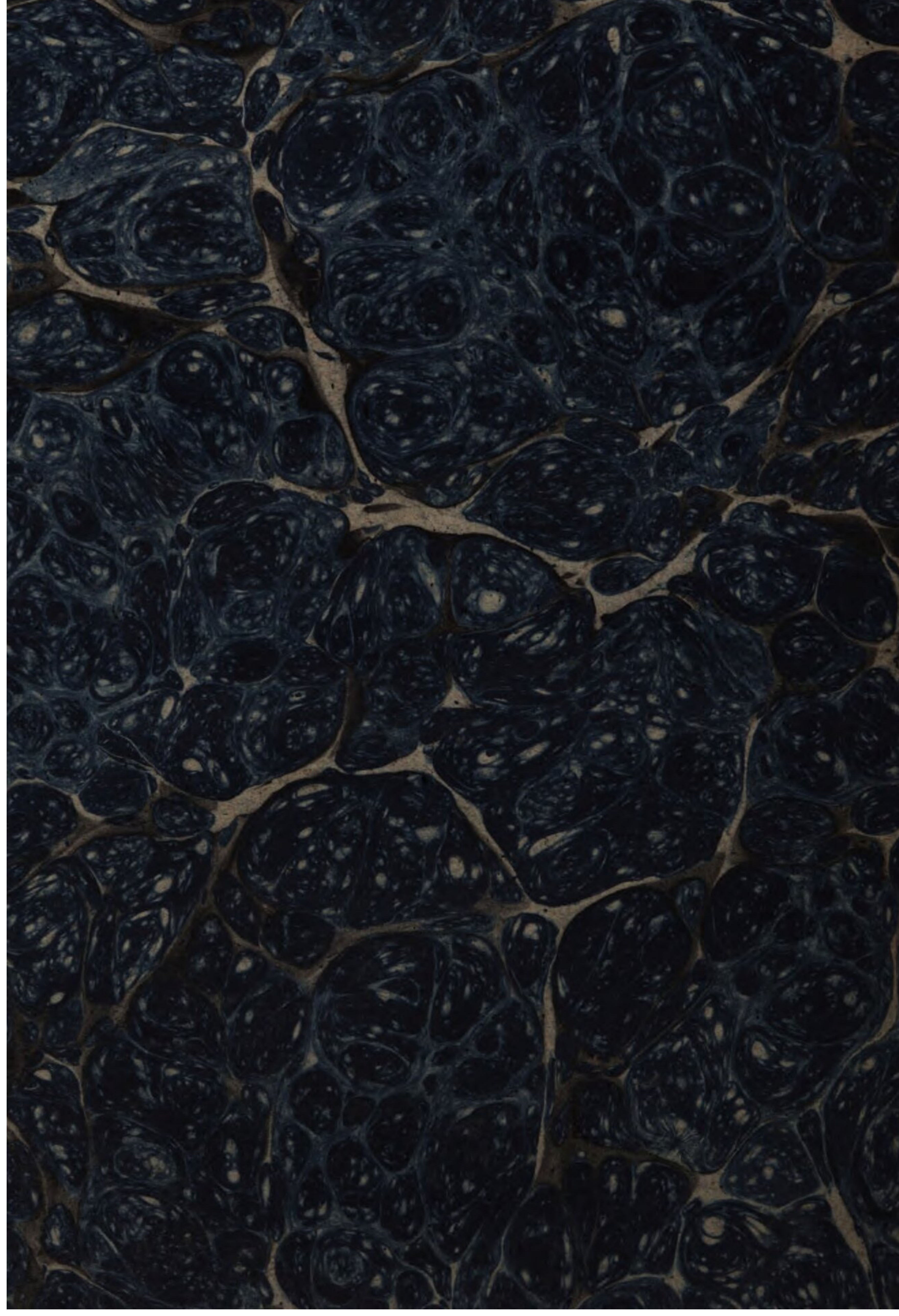
'Tis essential to the health of many to rise early: and this single caution would remove the complaints of half the vapoured people in the kingdom. To get up betimes, is with most men to procure good spirits for the day; and none have more need of them than those who have suffered under the tyranny of this disorder. Early going to bed naturally leads to this: and it has thus the double advantage of its own benefit, and of disposing the person to another.

F

IN

given him, will be sufficient to throw it to
the feet; and he will, after the lessened
pain of a regular fit, discharge it freely
there.

Thus he, who begins the disease in
time, will arrive probably at old age un-
der very moderate assaults of the disease;
and those who enter on it later will not
fail to obtain a proportioned advantage.
The method is proper for the gouty at all
times: though it cannot under all circum-
stances afford equal benefit.



Hill, John

The management of the Gout ...

London 1771

Path. 585

urn:nbn:de:bvb:12-bsb10472508-1